

“Dealing with discouragement”  
Nehemiah 4

3 things make discouragement so harmful:

1. It's universal
2. It's recurring
3. It's contagious

Causes of discouragement:

1. External – problems come from without
  - A. Ridicule
  - B. Repression
  - C. Rumor
2. Internal – problems come from within
  - A. Fatigue
  - B. Frustration
  - C. Failure
  - D. Fear

Cures for discouragement:

1. Request God's help
2. Reorganize your priorities
3. Resist the enemy
4. Remember who God is
5. Refuse to quit